INGLEWOOD HOUSE

Spa Brochure

An Unforgettable Experience Awaits You …

From the first sight of Inglewood House, you know you have arrived somewhere truly special. From the grandeur of the grade A listed Jacobean mansion to the luxury of our Spa, Inglewood House is a perfect place to relax in style

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts ESPA

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Spring Spa Packages

Available from 1st March – 31st May

All Spa Packages include use of spa facilities, a luxurious Inglewood House robe and slippers during your visit.

Radiance

Brighten, revive & refresh!
Give tired eyes and mind a gentle lift. This soothing 25-minute experience begins with an eye cleanse using cooling location, followed by a hydrating facial cleanse and collagen under- eye mask designed to reduce puffiness and fatigue. While the mask works its magic, melt into a calming scalp massage. Includes 1 hour access to our thermal suite and hot tub and our Spring cream tea* in our spa café.

Serenity

50-minutes of deep relaxation for body & mind…
Unwind with a warm stone back, neck and shoulder massage, easing tension and encouraging deep relaxation. The treatment continues onto the legs and feet using ESPA fitness oil to soothe aching muscles and restore comfort from head to toe.
Includes 1 hour access to our thermal suite and hot tub. Enjoy a warming soup & toastie (Cheese or Ham) * in our spa café.

Zen Ritual

A ritual for complete tranquillity.
Sink into one of our luxury throned chairs and enjoy a full 80-minute ritual starting with a warm jacuzzi foot soak and collagen under eye patches. Your feet are exfoliated, treated with a nourishing mask, then cocooned in warming booties while you drift away with a calming head massage. Finished with a slow, soothing foot and lower leg massage that leaves you floating. Includes 1 hour access to our thermal suite and hot tub and Spring afternoon tea in our spa café.

** Upgrade to afternoon tea for £17.50pp*

Hen/Group Packages

If you are looking for the perfect location to celebrate your hen or special celebration then, look no further than Inglewood House and Spa.

Sparty Package

Our Hen Party/Group Package includes a 25-minute ESPA Spa treatment, use of spa facilities, robes, slippers and one of our famous Inglewood Houses Afternoon Teas with a glass of prosecco.

Choice of treatment: Back, neck and shoulder massage, Taster facial or Indian head & scalp massage

Mon-Thur - £79pp, Fri-Sun - £85pp

Overnight Pamper Package

Includes an overnight stay in a woodland lodge with private hot tubs (min numbers required) 25min ESPA spa treatment, use of spa facilities, robes and slippers. From £109pp

Weekend Pamper Package

Includes a 2-night weekend stay in a woodland lodge with private hot tubs (minimum numbers required), a 25-minute ESPA spa treatment, use of spa facilities, robes and slippers for £225pp

Don't Forget to add on:

Cocktail Masterclass - £32.95pp
Cocktail Masterclass with Mini Disco - £37.95pp
Cocktail Masterclass with Mini Disco and Canapés - £49.95pp
Private Dining – from £34.95pp
High Tea - £24.95
Afternoon Tea - £24.95

Thermal Suite at Inglewood House

ESPA Express Treatments

(All express treatments are 25 minutes)

Salt & Oil Scrub - Revive skin's natural softness and glow with this intensely exfoliating treatment

An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Back, Neck & Shoulder Massage - Ease tension where you need it most with this fast-acting de-stressing treatment

Personalised to your unique needs, targeted massage with pure aromatherapy blends and relaxes tense muscles, re-energises your body and calms your mind.

Express Facial - Reveal clear, refreshed, naturally beautiful complexion with this express facial

Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Invigorating Foot Treatment - Revive tired feet and soothe those aches and pains

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

ESPA Facials

(All ESPA Facials are 50 minutes)

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends.

Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored.

Inner Beauty Facial - Deeply cleanse, hydrate and renew with this instant results facial

Tailored to your skin's precise needs. Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind.

Optimal Skin Health Facial - Visibly revive skin's natural beauty, balance and health

This intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Active Nutrients Glow - Dull, lethargic complexions are brightened and refreshed

Using sweeping Gua Sha massage stimulating the lymphatic and circulatory systems to help boost the flow of blood; this invigorating nutrient-rich treatment feeds your skin so your face glows with vitality.

Massage

High performance therapies to relax and recharge

Inner Calm Massage - 50/80 minutes

Carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation.

Hot Stone Massage - 50/80 minutes

Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Deep Tissue Massage – 50/80 minutes

Specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect.

Swedish Massage - 50/80 minutes

Traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Body Treatments

Revitalising therapies to exfoliate and hydrate

Back, Face & Scalp Treatment- 80 minutes

Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

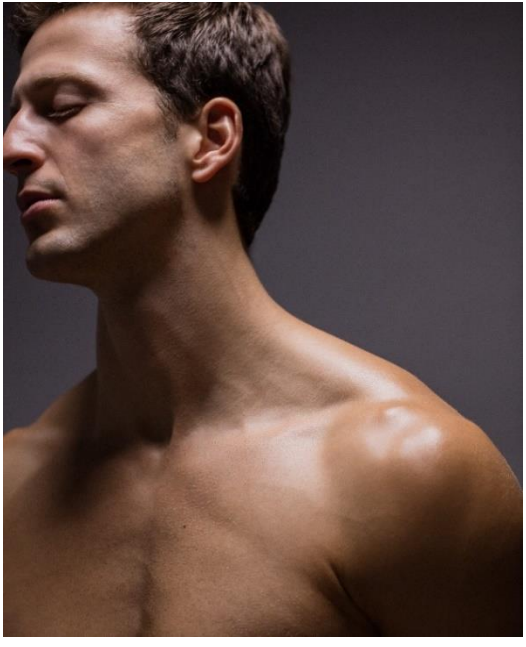
*Pre & Post-Natal Relax & Restore – 25/50/80 minutes**

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Body Wrap - 50 minutes

Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

*Suitable for expectant mothers



Time for Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs

Deep Cleansing Facial - 50 minutes

Tailored to your exact needs, TriActive™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Deep Tissue Massage - 50/80 minutes

Specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect.

Muscle Reviver - 45 minutes

Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

Beauty Salon

Luxury Manicure

Sip on a delicious, refreshing mocktail while your hands are exfoliated, warmed and massaged. Finishing your nails with cuticle clipping, filing and polishing

Luxury Pedicure

Sip on a delicious, refreshing mocktail while sat in our luxurious pedicure thrones. Indulge your feet with this relaxing pedicure including a revitalising foot soak, exfoliation, heated booties and massage. Finishing your nails with cuticle clipping, filing and polishing.

Waxing

From legs to eyebrows, our Spa provides you with quick and professional precision waxing treatments performed to the highest standards

Tinting

Eyebrow tint is a form of semi-permanent hair-dye formulated specifically for use on the eyebrows. Within our Spa we offer:

- Eyebrow Tint
- Eyelash Tint
- All About Eyes - includes Eyebrow Shape, Tint and Eyelash Tint

Full details are available upon request. A patch test is required for all tinting treatments 24 hours prior to your scheduled treatment.

Leisure Club

Within Inglewood House, we have created a luxurious, boutique Spa & Leisure Club, providing the perfect place to let your cares dissolve away, restoring harmony to your body and mind.

From the exquisite décor to the hand crafted, Italian Lemi spa beds no expense has been spared in creating the ultimate experience for our guests.

Our Spa & Leisure Club features: Spa café, 5 indulgent treatment rooms (including a couples treatment room), beauty salon, pedicure thrones, and sumptuous relaxation room.

It also includes a state-of-the-art gym suite equipped with Technogym and a fabulous thermal suite including a steam room, sauna, infrared sauna and hot tile beds.

Don’t forget to experience our hot tub! There is nothing better than when you slip into an outdoor hot-tub and immediately feel warm and cosy no matter what the external temperatures is.

Private Hire

Inglewood House Spa is the perfect place to celebrate a special occasion or just relax and indulge with friends, family or colleagues. Exclusive hire can be arranged for a wide variety of events for up to 20 guests.

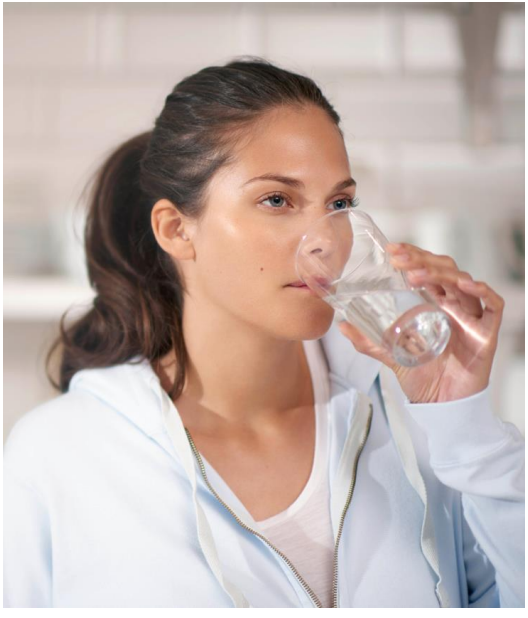
Leisure Club Membership

Join our Leisure Club and discover our great facilities, friendly atmosphere plus some exclusive member benefits.

Leisure Club Membership Tariffs		
	Monthly	Annually
Full Single (Full membership for one person)	£39.50	£434
Full Joint (Full membership for one person and partner)	£69.50	£764
Off Peak Single (Membership for one person during off peak hours)	£29.50	£324
Off Peak Joint (Membership for one person and partner during off peak hours)	£49.50	£544
Corporate (Must present proof of employment)	£35.00	£385

In addition to access to our fantastic facilities, your Leisure Club membership includes a number of exclusive discounts and benefits:

- 10% off Spa treatments
- 10% off Restaurant Food & Beverage
- Preferential Discount on Private Dining & Functions
- Priority Notice of Events and Promotions



Gift Vouchers

Give the gift of Inglewood House this Christmas…

What if we told you that you don't even need to step foot in the shops to buy unique and fabulous presents? It's true!

You can now purchase your vouchers online for our range of specific luxury gift experiences

- Go to www.inglewoodhouseandspa.co.uk and click on 'Gifts'
- Pick and purchase your gift experience voucher from our list
- Choose to have your vouchers delivered to your home, or, if time is of the essence, have an e-version emailed straight to your inbox within the hour

Spa Price List

ESPA Express Treatments	Mon-Thur	Fri-Sun
Salt & Oil Scrub - 25 mins	£42	£45
Back, Neck and Shoulder Massage - 25 mins	£42	£45
Express Facial - 25 mins	£42	£45
Foot Treatment - 25 mins	£42	£45
Pre & Post-Natal Relax & Restore - 25 mins	£42	£45

ESPA Facials	Mon-Thur	Fri-Sun
Inner Beauty - 50 mins	£65	£69
Active Nutrients Glow - 50 mins	£65	£69
Intense Regenerating - 50 mins	£65	£69
Deep Cleansing Facial (Men) - 50 mins	£65	£69

ESPA Massage	Mon-Thur	Fri-Sun
Inner Calm - 50/80 mins	£65/£89	£69/£95
Hot Stone - 50/80 mins	£65/£89	£69/£95
Deep Tissue - 50/80 mins	£69/£95	£77/£99
Swedish - 50/80 mins	£65/£89	£69/£95
Muscle Reviver (Men) - 45 mins	£65	£89

Body Treatments	Mon-Thur	Fri-Sun
Back, Face & Scalp – 80 mins	£89	£95
Add hot stones treatment (25 mins) for £29		
Pre & Post-Natal - 50/80 mins	£65/£89	£69/£95
Body Wrap - 50 mins	£79	£85

Combination	Mon-Thur	Fri-Sun
ESPA 50 min Massage & 50 min Facial	£114	£119

Spa Packages

Winter Spa Packages	Mon-Thur	Fri-Sun
Frosted Glow	£79	£85
Fireside Retreat	£109	£115
Winter Warmer	£129	£139

Spring Spa Packages	Mon-Thur	Fri-Sun
Radiance	£83	£89
Serenity	£113	£119
Zen Ritual	£135	£145

Beauty Salon

Manicure and Pedicure	Mon-Thur	Fri-Sun
File and Polish – 25 mins	£25	£29
Luxury Manicure – 50 mins	£65	£69
Luxury Pedicure – 50 mins	£65	£69

Tinting	
Eyebrow Tint	£19
Eyelash Tint	£19
All About Eyes	£39

Waxing	
Full Leg	£49
½ Leg	£39
Underarm	£19
Full Arm	£39
Eyebrow	£19
Lip/chin	£19
Back	£49
Chest/ stomach	£39

Private Hot Tub Hire

From 6pm-7.45pm (Sunday-Thursday) we offer private use of our Hot Tub for £150 (up to 7 people)!

For Friday and Saturday evenings, enjoy a cocktail masterclass and/or private dining in our Spa Café and add on private hire of our hot tub! Please email events@inglewoodhouseandspa.co.uk for more information and prices.

Useful Information

To make a booking

We advise guests to book in advance to avoid disappointment on the day. At the point of booking, you will be asked to provide a 50% non-refundable deposit to secure your appointment.

Your arrival

Please arrive at least 15 minutes prior to your scheduled booking to allow time to relax in the spa lounge. You will also be requested to complete a consultation form prior to your treatment - this is treated with the strictest of confidence. Spa package guests should also allow time to change into their robes. Please be aware that some of our refreshments may contain nuts and other allergens, if you have any dietary requirements, please make us aware at the point of booking.

Late arrivals

Late arrival will shorten your treatment time, but it will still be charged at the full price.

Personal belongings

All leisure club and spa package guests are provided with a locker. Guests receiving a spa treatment can take personal belongings into the treatment room with them. We regret that we cannot take responsibility for any loss or damage to your personal articles.

Cancellations

Please be advised that the full treatment cost will be incurred if less than 72 hours' notice is given of a cancellation, postponement or non-arrival. More than 72 hours before, your appointment can be rescheduled, or a voucher given for deposit. For group bookings, a minimum of 7 days is required for appointment postponement or cancellation.

Treatment courses

Courses are available on selected treatments. Treatments purchased as a course can only be used by one person. Courses are non-transferable and non-refundable. Courses of treatment are valid for 6 months from the date of purchase.

What facilities can I use if I have booked a spa package?

All spa packages include use of our leisure club. Use of the leisure club is not included within individual treatment bookings. The Spa reserves the right to close any of the facilities at any time for engineering or maintenance works. Expectant mothers and those having waxing are advised not to use any hot facilities. A minimum of 24 hours must be left between waxing and using hot facilities.

What to bring and what to wear

We provide all hotel and spa package guests with a spa robe and slippers. Please ensure that you bring swimwear which must be worn while using the wet facilities and suitable gym attire must be worn if you wish to use the fitness centre. For spray tanning, please bring loose fitting dark coloured clothing and flip flops as some of the bronzer can rub off on your clothing after the treatment.

Health concerns

Please let us know prior to your treatment if you have any concerns regarding your health or wellbeing. If you are pregnant, please advise us at the point of booking so we can advise you on treatments that are safe during pregnancy.

Spa etiquette

To maintain the serene ambiance of the Spa, and with respect for our other guests we ask you not to use mobile phones or cameras while using our facilities.

Children

Children under the age of 16 are not permitted in Lotus Spa unless supervised by an adult and agreed in advance with management.

Gift vouchers

Lost or stolen vouchers cannot be replaced. Vouchers cannot be extended past their expiry date. Damaged vouchers can only be redeemed if the serial number is clearly visible. Gift vouchers are non-refundable.

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Hotel • Restaurant • Spa

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